

**THE CLAIMS:**

1. A health supplement comprising a health supplementary amount of a phyto-oestrogen selected from genistein, daidzein, biochanin A, and/or formononetin.
2. The supplement according to claim 1 which also comprises at least one dietary suitable excipient, diluent, carrier or food.
3. The supplement according to claim 1 wherein said phyto-oestrogen is extracted from red clover.
4. The supplement according to claim 1 wherein said phyto-oestrogen is extracted from soya.
5. The supplement according to claim 4 wherein said phyto-oestrogen is extracted from soya hypocotyls.
6. The supplement according to claim 1 wherein said phyto-oestrogen comprises genistein, and/or biochanin A : daidzein and/or formononetin, present in a ratio of from about 1:2 to 2:1.
7. The supplement according to claim 1 in unit dosage form, wherein said phyto-oestrogen is present in an amount of from about 20 mg to 200 mg per dosage unit.
8. The supplement according to claim 7, where the amount is 50 to 150 mg.
9. The supplement according to any one of claims 1 to 8, which is in the form of a tablet or capsule.
10. A method of improving the health of a human which comprises administering to said human a health supplementing amount of a phyto-oestrogen selected from genistein, daidzein, biochanin A, and/or formononetin.

11. The method according to claim 10, wherein said phyto-oestrogen is extracted from red clover.
12. The method according to claim 10, wherein said phyto-oestrogen is extracted from soy.
13. The method according to claim 12, wherein said phyto-oestrogen is extracted from soy hypocotyls.
14. The method according to claim 10, whereby said phyto-oestrogen comprises genistein and/or biochanin A : daidzein and/or formononetin, present in ratio of from about 1:2 to 2:1.
15. The method according to claim 10, wherein the phyto-oestrogen is administered in an amount of from about 20 mg to 200 mg per day.
16. The method according to claim 10, wherein the phyto-oestrogen is administered in an amount of from about 50 mg to 150 mg per day.
17. The method according to claim 10 whereby the phyto-oestrogen is administered at least daily, over a period of at least a month.
18. The method according to any one of claims 10 to 17 for improving the health of a human female who has, or may develop, a condition selected from any one or more of: breast cancer, benign breast disease, pre-menstrual syndrome, or symptoms associated with menopause.
19. The method according to any one of claims 10 to 17 for improving the health of a human who has, or may develop, elevated levels of cholesterol in the blood stream.
20. The method according to any one of claims 10 to 17 for improving the health of a human who has or may develop cancer.